



"Proudly Serving PA, NJ, DE, and MD since 1979"

RESCUE ME

"That others may learn"

Late Summer / Early Fall 2003

2003-3

On Rope!

Well as the seasons change and summer comes to an end we see the rope unit come out a little more.

This year we went to a training facility and went over the basics of rappelling with our membership as well as others from a couple of other groups. The training went well and everyone learned from it.

What was important about this training was that we were able to pace it and give individual assistance without rushing and safety was paramount in everyone's mind at all times.

This is the first in a series of rope related workshops that we'll put on throughout the fall. Rope is a powerful but under utilized tool for the rescuer. Most people are just nervous about knots. With that in mind we focus the training on generating an awareness and building on a basic rope education



to alleviate the fear that people have.

When they are done people will not be rope experts. No one is ever an expert really but they will be able to have more confidence with rope than they do not.

Next we'll be doing some rigging awareness training and reinforcing knots. Hopefully this enforcement of the foundation will make for strong rope skills for the future.



On Rope!

1

Gear - Packs / Canine Training—Urban

2

EVAC Training

3

Water Training

4

Product Review— Packs

So you've got the gear. Now how do you carry it. A functional and comfortable pack should be the first thing on a SAR members mind for their gear. If you have something but it's not there with you it's useless to your current effort. Now telling someone about what bag to get is not something a sane person does. There are just too many things that are specific to an individual.

What I will say is that I have seen some of the following things apply in the field:

- A pack that is a belt type pack that converts to a 3 day pack seems to work.
- Smaller can be better.
- A belt type pack with shoulder support wears nicely.
- Comfortable shoulder support is great.
- Put a military waterproof (or garbage bag) liner in the pack
- Try out several teammates packs before purchasing.
- Prepare to adjust the pack over the course of a few field trips.

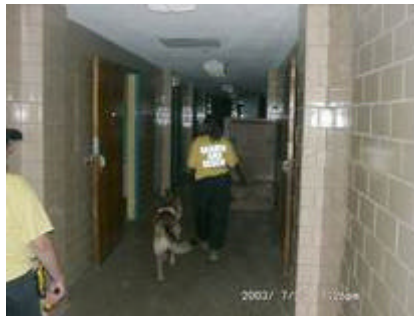
Canine Training—Urban

Urban SAR is hard work that's hard on human rescuers as well as their animal partners. GPSAR doesn't do traditional urban SAR for many reasons.

- (1) Tends to be recovery more than rescue
- (2) Tough to predict what people will be exposed to.
- (3) Highly probability of injury / burnout.
- (4) Requires specialized tool.
- (5) Best left to the people that specialize in it.

With these items in mind we still do train for SAR in an urban environment.

Even though it's not one of our focuses we



want to be ready to assist in almost any possible circumstances.

While we do not do fugitive type searches we would search a building that is in an area of probability for a missing subject.



It would be irresponsible not to train in any type of potential environment that we might work in.

That is why we train... hard, often, and smart!

E V A C T R A I N I N G

So you're a good searcher. And you've got a good dog. Scratch that....you're great and the dog is fantastic. You find the person...what do you do?

So many teams don't train or review practices for going in and getting the person out in the areas where it's beyond the skill set of the local EMS or Fire personnel.

Removing someone from harm (the rescue part of Search and Rescue) is too often forgotten. It's hard work and takes a lot of manpower if the terrain is the least bit rough.

It's probably the easiest way to completely exhaust a crew when just done.

When done smart it can be a lot less work. It can even be a challenge that serves as a great team building experience.

We train internally to do packaging and field extrications but we decided to have an outside agency come in, review with us, and



watch us work. When you just rely on internal training you can get into habits or ruts that can be dangerous to all involved.

We spent a nice day in the park basically locating and moving subjects through terrain that went from moderately rough to near 45 degree angles.

Much of it was old hat but we did get to learn a couple new belays and techniques to add to the arsenal of knowledge that any good SAR people should have and NEVER stop adding to.

Finding the person is one thing. Patient care is another. The job isn't over till the patient is safely removed from the area. We must always remember that.

With that in mind GPSAR is always ready to assist in helping finish the job.



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Mailing
Address
Goes
Here

Water Training

Well the water unit was taking advantage of the heat



this season and did some training around the area.

We're working towards certifying the next group of people to the PA Fish and Boat Commission standards.



Water safety (and rescuer safety around water) is becoming more and more of a

concern with the number of water related incidents in the area.



We have to be safe and have to be able to safely assist.

It's this training that makes the difference and even more so than the actual training is the reinforcement through practice that pays us back for the training in-

vestment.

If you have any questions or comments